

school health update

Published by the Missouri Department of Elementary and Secondary Education and the Missouri Department of Health and Senior Services

One copy of the
UPDATE is mailed to
each school district.
Please copy this
newsletter and share
it with the other
nurses in your district.

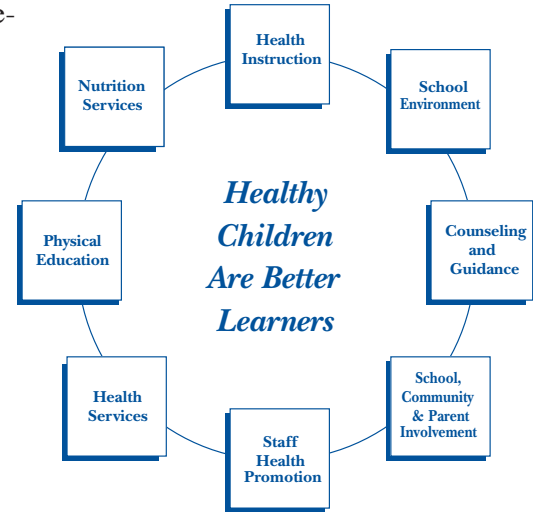
Understanding Missouri's Child Labor Law

Colleen White, Director, Missouri Division of Labor Standards provided the following information concerning the Missouri Child Labor Law's. Hopefully this information will help you keep your students safe and healthy in the work force.

Every year approximately 3000 Missouri youth under age 18 qualify to file a workers' compensation claim because they have a serious injury at work. This number does not include youth with less severe injuries or those told by their employer that insurance does not cover on-the-job injuries.

Data shows that the national average for teen on-the-job injuries is one every 40 seconds, and that a teen dies every five days from work injuries. Injuries may cause youth to experience limitations in their daily activities. They might not be able to attend school, return to work, play ball, do homework or even help at home. Most of the injuries are preventable which, of course, is better for the teens, but also prevents employers' increases in workers' compensation premiums. The Missouri Division of Labor Standards (the Division) exists to implement and enforce the state and federal child labor laws.

Missouri's Child Labor Law helps protect youth. Keeping youth from employment in hazardous or prohibited occupations as well as being overworked is an outcome of this law. Another outcome of the law is to promote completion of education. Research shows that children working too many hours, working too late, or employed in a hazardous or prohibited situation have negative outcomes. Some of the associated negative outcomes include a decrease in the completed years of education, and increases in dropout rates, alcohol and drug abuse, and injuries. Teens who work too long of hours show signs of fatigue and sleep deprivation. Many school officials continue to voice concerns to the Division about youth falling asleep during class.



“The goal of the Missouri Child Labor Law is to assure that minors have safe and healthy workplaces and an opportunity for secondary education completion.”

The Division aims to protect Missouri's working youth. The goal of the Missouri Child Labor Law is to assure that minors have safe and healthy workplaces and an opportunity for secondary education completion. Youth that work beyond allowed hours

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or too late in the day and those employed in prohibited activities are common violations found by the Division. Penalties for violations may include civil money fines.

The Division is committed to providing technical assistance, outreach and educational opportunities for employers and youth. To assure a safe, positive and healthy work environment for Missouri youth, it takes more than enforcement and investigation by the Division. The Division welcomes inquiries or opportunities for community partnerships. Check the resource section on page 3 for additional contact information.

Frequently Asked Questions

1. Who covers what?

The Missouri Division of Labor Standards regularly assists employers, school officials, parents, youth, and community organizations to learn how to better address youth labor problems.

The Division is able to provide educational outreach, resource materials and contracts, as well as training for employers and youth. Below is a summary of the core basics of the law for anyone involved in employing or assisting youth in Missouri. The Missouri Child Labor Law applies to only youth under 16 years of age and covers ALL employers. In addition, information is included in the U.S. Department of Labor (USDOL) standards for 16 and 17 year olds. USDOL jurisdiction only covers those employers with gross dollar volume of \$500,000 or more a year or whose employees are engaged in interstate commerce. Additional information is available through the USDOL Web site or phone numbers listed in the resource section.

2. Is a work certificate or entertainment work permit required?

From Labor Day to June 1, work certificates are required for children 14 and 15 years old. The

superintendent in the school district in which the teen resides issues these certificates. Children less than 14 years of age may not receive a work certificate. Information about the child's intended type of employment and parental approval are required. The Division continues to urge school officials to consider revoking or not issuing work certificates or request the Division revoke a work permit for children whose work interferes with their schooling. This screening process protects the child from working in a hazardous occupation and prevents them from working too many hours, which might interfere with education or health. Entertainment work permits are required for youth under age 16 who want to work in the entertainment industry, such as on stage or modeling. The Division issues these work permits.

3. What are prohibited or hazardous occupations?

State law prohibits certain occupations for youth under 16 including work with or around: power driven machinery; ladders, scaffolding

or their substitute; oiling, cleaning or maintenance of machinery; sleeping accommodations; businesses where alcohol is sold (unless more than half of the gross sales are other goods); operation of any motor vehicle, including farm machinery; and any occupation involving exposure to toxic or hazardous chemicals. This list is NOT all-inclusive. Please refer to Missouri's Law, Chapter 294.040 RSMo., for a more detailed list.

Federal Child Labor Law, enforced by USDOL, prohibits similar, but not identical occupations for

14 and 15 year olds. Prohibitions of certain occupations also exist for 16 and 17 year olds. Some of these areas include: manufacturing and storing of explosives; motor vehicle driving; mining; logging and saw milling; power-driven woodworking machines or hoisting apparatus; exposure to radioactive substances; power-driven metal farming, punching and shearing machines; slaughtering, meat-packing,



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processing or rendering; power-bakery machines; paper products machines; manufacturing brick, tile or kindred products; power-driven circular saws, band saws and guillotine shears; wrecking, demolition and ship breaking operations; and roofing or excavation operations. Again, this list is not all-inclusive, and further information is available as listed in the resource section.

4. Is youth peddling/door to door sales permitted?

Missouri law prohibits door-to-door sales or youth peddling by youth under age 16. Often this includes sales of candy, magazines or household items. The prohibition does not include charitable or fundraising activities such as school or church sales events. Safety becomes a main concern as evidenced by reports of youth being attacked at gunpoint, beaten, robbed, taken across state lines without permission, and being left to find their own way home from an unknown street corner due to lack of sales. Anyone observing any of these practices should call the police and contact the Division.

5. What hours can youth work?

Labor Day to June 1

Between 7:00 a.m. and 7:00 p.m.

Maximum 3 hours on any school day

Maximum 8 hours on non-school days

Maximum 6 days per week

June 1 to Labor Day

Between 7:00 a.m. to 9:00 p.m.

Maximum 8 hours per day

Maximum 6 days or 40 hours per week

Note: Employers covered under Federal Child Labor Laws may only work children a maximum of 18 hours per week from Labor Day to June 1. To determine if an employer is covered under federal law check the USDOL Web site. The Division will provide assistance to those involved in employment of youth through outreach and educational activities. For more information, please contact the Division by e-mail at: laborstandards@dolir.mo.gov.

Resources

Missouri Division of Labor Standards
P.O. Box 449, Jefferson City, MO 65102
Web site: dolir.mo.gov/lr
E-mail: laborstandards@dolir.mo.gov
573-751-3403

U.S. Department of Labor, Wage and Hour Division
Web site: dol.gov
Kansas City: 913-551-5721
St. Louis: 314-539-2706

National Institute of Occupational Safety and Health (NIOSH)
Web site: cdc.gov/niosh/adolespg.html
1-800-356-4674

Occupational Safety and Health Administration (OSHA)
Web site: www.osha.gov/SLTC/teenworkers/index.html
1-800-321-6742

National Research Council, Institute of Medicine
Protecting Youth At Work Report
Web site: bob.nap.edu/html/youth/

Child Labor Coalition
Web site: stopchildlabor.org/
202-835-3323

University of California, Berkeley
(Source for child labor, safety and health curriculum)
Web site: socrates.berkeley.edu/~safejobs/
(510) 642-5507

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How Can I Avoid the Flu?

With the arrival of flu season and the current vaccine shortage, a common question is, “How can I avoid the flu?” The Center for Disease Control and Prevention (CDC) recognizes that schools are instrumental in keeping their communities healthy by taking actions such as posting information about hand washing, providing flu prevention messages in daily announcements, and being vigilant about cleaning and disinfecting classroom materials. The CDC Web site at www.cdc.gov/flu/school offers a variety of fact sheets, flyers, posters and programs to address this “teachable moment” opportunity. Below is a brief description of two programs designed with the school-age child in mind.



It's a SNAP (School Network for Absenteeism Prevention) is a program designed as a cross-curricular, school-wide education program for middle school students. Whether you are a school nurse, teacher, food service director, or parent, SNAP brings “boring old hand washing” into the limelight, right where it belongs. To learn more about SNAP or to download the SNAP Toolkit go to www.itsasnap.org/snap/about.asp.

Scrub Club, designed for children three to eight years of age, is fun and interactive. The educational Web site: www.scrubclub.org, teaches children the proper way to wash their hands. The site has a ‘Webisode’ interactive game, educational music, downloadable activities for kids, educational materials for teachers, and program information for parents.

Working Smarter: Basing Program Decisions on Best Practices and Scientific Data

Time is a precious commodity in school nursing. The School Health Services program in the Missouri Department of Health and Senior Services recently conducted a survey of screening practices in Missouri schools to determine how much time school nurses spend in screening programs and what screening components were included. A comparison was made of the survey data to best practices and scientific data on cost effectiveness and public health benefit of the various screenings. A series of meetings across Missouri will highlight the results of the survey and recommendations for conserving time and resources in screening programs.

Enclosed is a preregistration form for the workshops. Preregistration will allow the program staff to finalize program details. If you are interested in attending one of these workshops, please complete the preregistration form and fax it to the number on the form.

Free Newsletter for School Health Educators and Students

A great resource for a variety of health topics is *FDA & You*, a free, informative, quarterly electronic newsletter from the U.S. Food and Drug Administration. Topics range from antibiotics to weighing in on obesity. To order a free subscription to this newsletter go to: www.fda.gov/cdrh/fdaandyou/subscribe.html.

The articles in *FDA & You* are written in clear, nontechnical language and cover a variety of current topics that are sure to interest today's middle- and high-school-level readers, such as the safety of decorative contact lenses, hair dyes, reptilian pets and digital wireless phones. There are also fun quizzes, links to additional resources, searchable indexes and an events calendar. To view the table of contents for the most recent issue (Fall 2004), go to: www.fda.gov/cdrh/fdaandyou/articles.html.



Screening Manuals Update

Department of Health and Senior Services (DHSS) recently reviewed and updated the screening manuals on hearing, vision, and scoliosis. The Department wishes to thank reviewers for their efforts in this endeavor. One copy of each updated manual is included. You may download additional copies from the Web site at: www.dhss.mo.gov. Click on Health, School Health, and then Related Links to locate the manuals. Additional manuals under revision include the Manual for School Health Programs, Child Abuse and Neglect, Medication Administration in Missouri Schools,

Guidelines for Exposure Control Plan for Blood-Borne Pathogens, and Guidelines for Growth Screenings in Missouri Schools. These manuals will be available on the DHSS Web site in the near future.

Upon revision completion, the Department plans to send a CD containing all updated manuals to each school district. The CD will have manuals available in both Microsoft and Adobe Acrobat formats for added ease in the printing of these documents. For more information, contact the School Health Services Program at 573-751-6213 or Holly Rodgers at rodgeh@dhss.mo.gov.

Program Works with Schools and Child Care Centers to Promote Healthy Choices

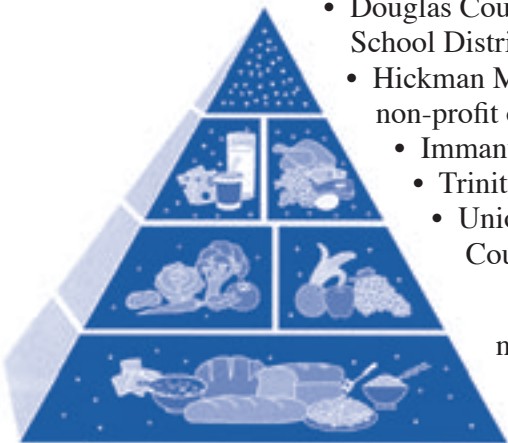
Eight schools and childcare centers across Missouri were recently awarded Team Nutrition contracts to improve the health of their students and help prevent them from becoming overweight. Encouraging children to develop healthier eating habits and increase their physical activity is the goal of Team Nutrition, a program at the Missouri Department of Health and Senior Services.

Changing the school nutrition environment is crucial for improving children's dietary and physical activity habits. The Team Nutrition program includes a number of fun and educational activities to help children learn about the importance of a healthy diet and regular exercise. Children are encouraged to eat a variety of foods, eat more fruits and vegetables, eat lower fat foods more often, and be physically active.

Sampling new foods, growing vegetable gardens, learning about nutrition and participating in a variety of physical activities are just a few of the ways students participating in Missouri Team Nutrition activities will learn about making healthy choices.

The schools and centers receiving Team Nutrition funding are:

- Apple Tree Preschool located in Steele in Pemiscot County
- Bare Essentials in Kansas City
- Columbia Public Schools, Field Elementary
- Douglas County Health Department in collaboration with the Ava R-1 School District
- Hickman Mills School District in Kansas City, in partnership with Nutra-Net, a non-profit organization
- Immanuel Lutheran School and Learning Center in Jefferson City
- Trinity Lutheran School and Early Childhood Center in Jefferson City
- Union R-XI School District, Central Elementary School in Franklin County



For more information about the Team Nutrition program or child nutrition, contact Rita Arni at 573-751-6183 or visit the USDA's Team Nutrition Web site at: www.fns.usda.gov/tn.

Addressing Birth Defects Related to Folic Acid, Alcohol and Tobacco

The comprehensive curriculum “An Ounce of Prevention” focuses on the preventive factor of birth defects related to folic acid in the diet, and alcohol and tobacco use during pregnancy. It has been developed in response to a need identified by Missouri teachers and supported by the March of Dimes Birth Defect Foundation-Greater Missouri Chapter. A grant awarded to Southern Missouri Regional Genetics Service and University of Missouri Health Sciences Center, in collaboration with University of Missouri Outreach and Extension, supported the development of this curriculum. The Missouri Department of Health and Senior Services provided further support for development and distribution.

Updated versions of the curriculum will be available in January 2005 at: www.muextension.missouri.edu/xplor/guidebks/cb0015.htm, or by attending a curriculum implementation training session sponsored by the Department of Health and Senior Services. For further information regarding the curriculum and training opportunities, please contact Leslie Seifert, Birth Defects Program Manager, Unit of Genomics and Newborn Health, at 573-751-6261 or by e-mail at: seifel@dhss.mo.gov.



Upcoming Events

Mental Health Issues in Adolescence Training, sponsored by the Missouri Department of Health and Senior Services and Children’s Mercy Hospitals & Clinics, will be held on April 6, 2005 in Hannibal; April 20, 2005 in Rolla; and May 4, 2005 in St. Joseph.

The four topics to be covered are: Normal Adolescent Growth and Development; Nutrition, Eating Disorders, and Manipulative Eating; Adolescent Depression and Suicide; and Attention-Deficit/Hyperactivity Disorders.

Presentations and interactive discussions on each topic will be offered. To receive further information, contact the Adolescent Health

Program by e-mail at: murphl1@dhss.mo.gov or by phone at: 573-751-6212.

The Missouri Association of School Nurses Spring Conference will be held on April 23-24, 2005 at the Crowne Plaza Hotel, 11228 Lone Eagle Dr., St. Louis, Mo. The theme is: “School Nurses Go To Bat Supporting Students Success.”

The room rate for the conference is \$85 per night, and reservations can be made by calling 314-291-6700. CEUs are available.

For more information, contact Diane Herndon at: dherndon@pkwy.12.mo.us.

“Take care of your body. It’s the only place you have to live.”

– Jim Rohn

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